

LUNCH MENU

L-S Martin Meylin 6-8

Milk \$.60 Student Lunch \$3.00 Adult Lunch \$5.00

November 2024

 Pumpkins are low in calories and high in nutrients. They are considered a “superfood.”

Lunch includes one entrée, your choice of 2 vegetables and/or 2 fruits, and a choice of milk.

Monday, 11/4	Tuesday, 11/5	Wednesday, 11/6	Thursday, 11/7	Friday, 11/8	Daily:
Chicken Patty Sandwich Potato Wedges Apple Sauce Asst Fruit/Milk <i>Alt: Cheesy Pull Apart</i>	Creamy Mac & Cheese Green Beans Pretzel Stick Mandarin Oranges Asst fruit/Milk <i>Alt: Rib-B-Q on Roll</i>	Cheese Quesadilla/Salsa Baked Potato Grape Tomatoes w/Dip Fruit Slushie Asst Fruit/Milk <i>Alt: Pork BBQ Sandwich</i>	Tangerine Chicken Broccoli Fried Rice Fortune Cookie Grapes Asst Fruit/Milk <i>Alt: Asian Dumpling</i>	No School	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery A La Carte Items Drinks/snacks/Ice cream
Monday, 11/11	Tuesday, 11/12	Wednesday, 11/13	Thursday, 11/14	Friday, 11/15	Daily:
Popcorn Chicken Bowl Applesauce Cup Asst Fruit/Milk <i>Alt: Calzone/Marinara</i>	Cheeseburger on Roll Curly Fries Baked Beans Pineapple Tidbits Asst Fruit/Milk <i>Alt: Shrimp Popper</i>	Sausage/French Toast Hash Brown Peach Cups Asst Fruit/Milk <i>Alt: Scrambled Eggs/French Toast</i>	Chic Wing Ding w/ Cheese its Broccoli Salad Fruit Slushie Asst Fruit/Milk <i>Alt: Sausage Sandwich</i>	Domino’s Pizza Romaine Tossed Salad Sun Chips Mixed Fruit Asst Fruit/Milk <i>Alt: Sloppy Joe Sandwich</i>	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery A La Carte Items Drinks/snacks/Ice cream
Monday, 11/18	Tuesday, 11/19	Wednesday, 11/20	Thursday, 11/21	 Holiday Meal, 11/22	Daily:
Chicken Nuggets w/ Roll California Blend Apple Slices Asst Fruit/Milk <i>Alt: Mini Ranch Pierogis</i>	Grilled Cheese Tomato Soup WG Goldfish Mandarin Oranges Asst Fruit/Milk <i>Alt: Cheesesteak Sandwich</i>	Baked Ziti Garlic Knot Romaine Tossed Salad Fruit Slushie Asst Fruit/Milk <i>Alt: Turkey Bacon Melt</i>	Corn Dog Nuggets w/ Roll Baked Fries Mixed Veggies Hummus/Celery Grapes Asst Fruit/Milk <i>Alt: Chicken Parm Sandwich</i>	Roast Turkey/Stuffing Mashed Potato/Gravy Corn Cranberry Sauce Pumpkin Pie Asst Fruit/Milk <i>Alt: Egg Roll</i>	PBJ/Pizza Sandwiches/Wraps Salad w/ Protein Carrots/Celery A La Carte Items Drinks/snacks/Ice cream
Monday, 11/25	Tuesday, 11/26	Wednesday, 11/27	Thursday, 11/28	Friday, 11/29	
Chicken Tenders w/ WG Pumpkin Cookie Cinn Dusted Sweet Fries Broccoli Applesauce Asst Fruit/Milk <i>Alt: Spicy Chicken Sandwich</i>	Hot Dog on Roll Baked Beans Smile Fries Pineapple Tidbits Asst Fruit/Milk <i>Alt: Seasoned Cheese Bites</i>	No School 	No School	No School	This institution is an equal- opportunity employer and provider. 10/21/24 KAS